

Interested in learning Martial Arts and Life skills? **The Bridgewater Recreation and Somerville Martial Arts Academy** have teamed up to give boys and girls of all ages the opportunity to learn the basic Martial Arts Techniques as well as Mat chats about Fitness, Goals, Courage, and Self-esteem.

**Boys/Girls ages 3 and 4 class times are:**

Tuesday & Friday 4:30 to 5:00pm and Saturday 10:15 to 10:45am

**Boys/Girls ages 5 to 10 class times are:**

Monday 6:45 to 7:30 Tuesday 5-5:45 Wednesday 6:15 to 7:00 Thursday 5-5:45 Friday 5-5:45 and Saturday 10:45 to 11:15am

**Teens ages 11-14 class times are:**

Tuesday and Thursday Nights at 7:45 to 8:30 Saturday 9:30 to 10:15am

**Introductory 8 Classes - (ONE TIME USE) - cost \$77.00** - checks payable to \*Somerville Martial Arts\*. Space is limited; Registration is based on first come first serve at the Bridgewater Recreation Department.

**Session Start Dates: February 22, 2016 and April 18, 2016.**

**Somerville Martial Arts is now located at 23 US. Hwy Route 206 Raritan, NJ 08869 at the corner of Sherman ave. and Route 206 near Quick Lube and Animerge.**

**Our classes are designed to give your child a physical and mental approach to Martial Arts. This program will utilize specialized Tae kwon do drills focused on balance and coordination. These drills will also help your child be more confident in their abilities.**

**Our classes also offer a unique Bully Buster program that gives your child the confidence to stand up for themselves without punching or kicking.**

**Give our child the edge they need to succeed!**

[www.somervillemartialarts.com](http://www.somervillemartialarts.com).

Three ways to register! In person at the Bridgewater Recreation Department (100 Commons Way - Bridgewater) 9am to 5pm Monday to Thursday 8am to 5pm Friday, drop registration off in the REC mailbox located on Municipal grounds or via postal service.

**Bridgewater Recreation Department** 100 Commons Way - Bridgewater, NJ 08807 908-725-6373 office hours 9am to 5pm Monday to Thursday 8am to 5pm Friday

## 2016 Martial Arts (Spring)

\$77.00 checks payable to "Somerville Martial Arts" (regretfully no cash payment accepted)

		Male or Female
Participants Last Name	First Name	Circle Gender
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Mailing Address	Township	State/Zip
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Home #	1 <sup>st</sup> Cell #	2 <sup>nd</sup> Cell #
		Work #
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Email Address (print legibly)	Date of Birth	Age
		Session Day & Time

*If the participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations. ☐ Yes, I will need to be notified regarding special considerations for my child.*

SMAA urges all members to obtain a physical examination from the physician prior to attending any martial arts class. In recognition of the possible dangers connected with any physical activity, member(s) hereby knowingly and voluntarily waive any cause of action of any kind what so ever arising as the result of such activity from which any liability may or could occur to SMAA and their officers, employees and agents. Other than in the case of a member moving from the Central New Jersey area, or a member who, due to a permanent medical condition, is no longer able to participate in the activities offered at SMAA, there will be no refunds of amounts paid to SMAA. by signing below, I acknowledge that I have read, understand and agree to comply with the provisions of this release. Please note that the Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before participation. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date



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